

Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at www.usagria.army.mil under "News" and then "Local News."

Island Insight Submission: https://home.ria.army.mil/sites/ii/ii.cfm

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ASC Holds Town Hall, CG Addresses Priorities/Issues

Maj. Gen. Kevin O'Connell, commanding general, U.S. Army Sustainment Command, conducted a town hall meeting for ASC headquarters staff personnel in Heritage Hall, here, March 16. Topics covered in the town hall were: The world and Army at a glance, ASC's organizational changes, leader development programs, Sexual



Harassment, Assault and Rape Prevention (SHARP), the Combined Federal Campaign and Army Emergency Relief programs, and an update about upcoming events and projects on the island. O'Connell emphasized ASC's importance to the global Army mission, noting the command's Distribution Management Center is key to Army wide mission success. "We make sure our soldiers have the right stuff, in the right place, at the right time," he said. ASC has about 44,000 people in 32 states and 19 countries, and offers logistics support to six major combatant commands: U.S. Pacific Command, U.S. European Command, U.S. Central Command, U.S. Africa Command, U.S. Southern Command and U.S. Northern Command. (More)

Upcoming Dates

<u>March 25</u>: Retirement and Retreat Full Dress Rehearsal, Bldg. 60, Heritage Hall, 1 p.m.

March 26: 2nd Quarter Retirement and Retreat, Heritage Hall, Bldg. 60, 2 p.m. March 26: Paintless Dent Repair Service, Auto Skills Shop, 9 a.m. - 7:30

p.m. <u>March 26</u>: Special Needs Forum, Bldg. 150, 5:30-7:30 p.m.

March 29: RIA Museum Vietnam War Exhibit Grand Opening, RIA Museum, Bldg. 60, 2 p.m.

March 31: ACS/USO Military Spouse Fun Night, Bldg. 110, 6 p.m.

<u>April 1</u>: Military Singles & Geo-Bachelors Dinner, USO, 5-7 p.m.

April 3: Island-Wide Social, Lock and Dam Lounge, Bldg. 60, 4 p.m.

April 4: Easter Eggstravaganza, Memorial Park, 10 a.m.

<u>April 5</u>: MWR Easter Brunch, Arsenal Island Clubhouse, 10:30 a.m. - 2 p.m.

April 7: Tornado Drill, Island-wide, 10 a.m.

April 8: Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.

<u>April 9</u>: Volunteer Recognition Ceremony, Arsenal Island Clubhouse, 12:30 p.m.

<u>April 10</u>: Denim & Diamonds Dinner and Charity Auction (Arsenal Island Golf Clubhouse)

<u>April 11</u>: 2nd Annual Youth Summertime Activities Expo, Fitness Center, 9:30 a.m. - 2 p.m.

First Army officers tackle driver training

A First Army senior NCO who has logged more than 100,000 miles behind the wheel of military vehicles passed his knowledge onto some of First Army officers during driver training conducted here March 17. Sgt. 1st Class John Martin, a graduate of the Army's 40-hour Master Driver course, oversaw the training, which prepared First Army personnel for executing part of their duties as Observer Coach/Trainers in various exercises. "This is (High Mobility Multi Wheeled Vehicle) refresher training, getting personnel trained so they can do guest O C/T missions and carry on with the training of National Guard and Reserve Soldiers," Martin said. (More)



Army Set to Shut Down AKO Email

Army Knowledge Online will soon be out of the email loop, as the Army will shut down AKO's classified and unclassified email systems effective March 31, while users continue to move to DoD Enterprise Email (DEE) or other addresses. AKO will continue to forward email to DEE or legacy accounts until June 30, after which any mail sent AKO's



<u>user@us.army.mil</u> accounts will be returned to the sender, the Army's Program Executive Office for Enterprise Information Systems said in an <u>announcement</u>. The shut-down applies to mailboxes on both the non-classified NIPRNet and classified SIPRNet. PEO EIS is advising that owners of Army applications make sure that any applications that send email to AKO addresses are updated to send to DEE or another valid email address by June 30. The PEO EIS announcement also includes links to instructions for users on saving and exporting AKO mail, as well as packaging saved mail. (<u>More</u>)

Obama: No Signature for a Budget That Leaves Sequestration in Place

A budget plan that does not cancel sequestration budget cuts scheduled to take effect this fall will not pass the president's desk, the president has decreed. "I will not," sign such a bill, President Obama said in an interview with The Huffington Post. "And I've been very clear," he said, as quoted in the article. "We are not going to have a situation where, for example, our education spending goes back to its lowest level since the year 2000 -- since 15 years ago -- despite a larger population and more kids to educate. ... We can't do that to our kids, and I'm not going to sign it." Obama's resolve signals a coming fight with congressional Republicans. (More)

G Fund's Return Would Drop to Nearly Zero Under House Plan

The most popular fund in the Thrift Savings Plan would become "virtually worthless" as an investment option under a proposal in the House budget, a TSP spokeswoman said. The budget plan, up for floor voting this week, assumes a change in the way money in the government securities fund, or G Fund, is invested that would sharply drop its rate of return. The fund is a special offering in the TSP, the 401(k)-style retirement savings plan for federal employees and military personnel. The money is invested in a mix of Treasury securities that yields returns higher than that of short-term bonds, but with none of the risk of investing in longer-term bonds from losing principal if interest rates go up. (More)

Obama Slows Military Withdrawal from Afghanistan

President Barack Obama said Tuesday the U.S. will slow its planned military withdrawal from Afghanistan this year to assist the fledgling pro-American government against a tenacious insurgency. The president and Afghan President Ashraf Ghani announced jointly at the White House that the current 9,800 troops will remain through the end of 2015 to advise and train national army and police forces against the Taliban, despite an early plan to reduce U.S. forces to 5,500. Obama said a plan to withdraw to an embassy presence by the time he leaves office has not changed. (More)



DoD Warns Troops, Families to be Cyber Crime Smart

Defense Department employees and their families should be vigilant when guarding personal and work information from expanding cyber-criminal activity, and to know how to recognize scammer tactics, according to DoD's chief information officer. Terry A. Halvorsen issued a DoD-wide memorandum March 18 about the growing threat of cybercrime "phishing" and "spear phishing" in emails, on social media sites and through phone calls. "Phishing" is defined as sending fraudulent emails that claim to be from reputable sources,



such as a recipient's bank or credit card company, to gain personal or financial information. (More)

RIA Award, Retirement, and Retreat Ceremony

Maj. Gen. Kevin O'Connell, senior commander, Rock Island Arsenal, commander, Army Sustainment Command, cordially invites you to attend the 2nd Quarter FY15 Award, Retirement, and Retreat Ceremony, Thursday, **March 26**, at 2 p.m., in Heritage Hall, Bldg. 60. The ceremony is in honor of: • Lt. Col. Michael Triplett, Iowa Army Ammunition Plant; • Maj. Tayonia Williams, First Army; • Chief Warrant Officer 5 Patrick Wyman, ASC; • Master Sgt. Gerardo Claudio-Santiago, ASC; • Master Sgt. Jack Harlan, ASC; • Master Sgt. Luther Kirby, ASC; • Sgt. First Class John McLaughlin, ASC; • Eddie Fowler, JMTC; • Jimmy Uribe, JMC; • Gary Millsap, JMC.

March 26 Newcomers Orientation and Tour Cancelled

The Newcomers Orientation and Tour scheduled for Thursday, **March 26**, is cancelled. All those who have RSVP'd have been notified and rescheduled for April.

Corps to Host Boating Safety Classes

Boating can be a fun and entertaining summer activity but one close call on the water can end it all. To help get ready for the upcoming boating season, the U.S. Army Corps of Engineers, Mississippi River Project will be offering free boating safety education classes at the Mississippi River Project Office in Pleasant Valley, Iowa. Classes will be offered **March 28**,

April 11, **April 25**, and **May 2**. Only one eight-hour class is required to complete certification. Pre-registration is required, space is limited, and the classes fill quickly. To register, contact the park rangers at (309) 794-5338.

RIA AUSA Bowling Fundraiser

Gather your friends and family - let's bowl for RIA AUSA. Come bowl at Miller Time Saturday, **March 28**, in Davenport (Kimberly and Elmore) from 12-8 p.m. Tell the cashier you want to bowl on the 24 AUSA reserved lanes and 50 percent of the proceeds will go to support the local chapter to support Soldiers, veterans, civilians, families, and chapter activities. No RSVP required - they hope to see you there.

Volunteer Recognition Ceremony

Without the help of our dedicated corps of volunteers many commands and programs here at the Arsenal would certainly not be the same, please consider coming out Thursday, **April 9**, at 12:30 p.m., in the Arsenal Island Clubhouse, to say thanks during our annual volunteer recognition ceremony. Call 309-782-0816 for more info. (Flyer)



Striving for Continuous Improvement!

Interactive Customer Evaluation (ICE) is the Army's web-based application for receiving and responding to customer feedback and is your direct link to the Garrison Team at Rock Island Arsenal. Your voice can make a difference today. The USAG-Rock Island Arsenal staff is actively using ICE program feedback to drive continuous improvement of programs and services. The Garrison is dedicated to improving customer satisfaction by using the information that is provided by your input. ICE can assist in identifying customer issues and best practices. ICE can also identify systemic issues, develop solutions to improve our services and programs leading to enhanced quality of life for Soldiers, Families and Civilians. Thank you for giving us the opportunity to serve you better. Go online to https://ice.disa.mil, select - USAG-Rock Island Arsenal, where more than 100 services can be rated. Please use the link below to answer five questions on how to improve the ICE program at Rock Island Arsenal (some users may have to copy and paste the link into their browsers).

www.surveymonkey.com/r/MD5MQQB Thank you for your participation.

Tax Season Is Here

Income tax filing season is here and the Rock Island Arsenal will again host a free tax assistance center. The Rock Island Arsenal Tax Center, located on the 1st Floor of Bldg. 390, will be operational effective Jan. 28. The tax center serves members of the RIA community eligible for legal assistance services - primarily active duty service members, military retirees, and family members. In a change from recent years, an appointment is required and there is no



"drop-off" service. Appointments will be available weekdays, 8 a.m. to 3 p.m., starting the last week of **January through April 15**. Most appointments can be expected to take about an hour, with more complex returns taking longer. In accordance with IRS guidelines, the tax center may prepare and submit most – but not all – federal and state income tax returns. For example, we cannot prepare returns for a home-based business. If you expect your return to be complex, please discuss that with us when you call, and we can advise as to whether we will be able to prepare your return. To schedule an appointment please call 309-782-1709/8457. Please bring the following to your appointment: a photo ID; your social security card (or official SSA correspondence with your SSN on it); documents showing income of any type (W-2s, 1099s, etc.); documents to support any deductions/credits; copy of last year's return; direct deposit information; dependents' birth dates.

Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive at the Naval Reserve Center (across from the Clock Tower Building, Bldg. 218), on Friday, April 10, 10 a.m. – 12 p.m. If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119. Vista Technical Services Blood Drive: Wednesday, April 8, 11:30 a.m. to 3 p.m., MVRBC Donor Bus parked by entrance #3 at Bldg. 350. To sign up, contact Paula Johnson. The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information click here.

Taco Dinner for Bridging the Gap QCA

A Taco Dinner to benefit the Bridging the Gap QCA. When: **March 31**, 5-7 p.m. Where: Viking Club, 1450 41st Street, Moline. A \$5 donation for tacos. Funds will be used for operations costs of Stand Down 2015-2016 for Homeless Vets. Info: Contact Mike Malmstrom, 309-269-2012. The purpose of Stand Down is to provide a one-stop-shop for homeless veterans to find homeless services. 30+ Quad-Cities area agencies usually attend the event to offer services to homeless veterans. "Bridging the Gap" Homeless Veterans Stand Down is more than an assemblage of services. It is a group of volunteers and participants brought together in the spirit of caring and respect. They hope to inspire the hope, strength and will of the homeless veteran so each can gather the individual, internal energy and initiative to rebuild his or her life.

VIOS Schedule for April and May

Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal on **April 7**, **8**, **9** and **May 5**, **6**, **7**. Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the <u>Visual Information Ordering Site</u> for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the <u>VIOS site</u> for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be ordered in <u>VIOS</u>. To obtain an official government passport photo: 1. Schedule a passport photo appointment at the <u>RIA VIOS website</u>. 2. Go to transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the <u>RIA VIOS website</u> FAQ.

Denim & Diamonds Dinner and Charity Auction

The Rock Island Arsenal Welcome Club invites you to the Inaugural Denim & Diamonds Dinner and Charity Auction on **April 10**, 6-10 p.m., at the Arsenal Island Golf Clubhouse. Cost is \$25 per person which includes dinner; menu items include BBQ buffet, brisket and chicken, potato salad, baked beans, and peach cobbler. All proceeds to benefit scholarship and community outreach grants. Tickets are on sale now. Contact RIAWCVP@yahoo.com for more information.

Youth Summertime Activities Expo & Pinwheel Garden Dedication CeremonyDon't miss the 2nd Annual Youth Summertime Activities Expo Saturday, **April 11**, 9:30 a.m. - 2
p.m., at the Fitness Center, in honor of Child Abuse Prevention Month (ACS/FAP) and Month of

the Military Child (CYSS). Businesses from all over the QC area will have booths to provide information to parents on what activities they have for youth during the upcoming summer. In honor of Child Abuse Prevention Month, a pinwheel garden (sponsored by Child Abuse Council) will be displayed as well as a proclamation signing ceremony will be held just before the opening of the Expo. Call 309-782-3049 or 309-782-2165 for more info. (Flyer)

Looking for Volunteers: Pinwheel Garden

We need your help! In honor of Child Abuse Prevention Month, the RIA Family Advocacy Program is teaming with the Child Abuse Council of the Quad Cities to "plant" a Pinwheel Garden. This garden will consist of 250 pinwheels stuck in the ground and will be located in front of the Fitness Center, Bldg. 67. This is a family event, so bring the kids out and support the cause. Stay for the dedication ceremony at 9:30 a.m. and attend the Youth Summertime Activities Expo from 10 a.m. to 2 p.m. that same day in the Fitness Center. If interested in volunteering, please contact 309-782-3049 or e-mail jennifer.a.kerr10.civ@mail.mil for more details.

Date: Saturday, April 11 Time: 8:30-10:00 a.m.

Booth Space Still Available for Summertime Youth Activities Expo

Booth space still available! In honor of Child Abuse Prevention Month and Month of the Military Child, the Rock Island Arsenal Family Advocacy Program and Child, Youth and School Services will be hosting the 2nd Annual Youth Summertime Activities Expo on Saturday, **April 11**, 10 a.m. – 2 p.m., in the Fitness Center. The purpose of the Youth Summertime Activities Expo is to provide information to QC residents on the opportunities available to families of children 0-18 years of age during the summer months. The Expo will host agencies in four major categories, summer fun and activities (free and fee-for-service), day and resident camps, volunteer opportunities and education. We are still accepting applications for businesses/vendors to provide information about their programs & activities available for children and youth this summer. Booth space is free but registration is required by **March 24**. Space is limited. This event will be free and open to the public. Email or call 309-782-3049 for more information.

Walk-In Pet Vaccination Clinic

The Great Lakes Veterinary Services will be hosting a pet vaccination clinic Thursday, **April 23**, 1-6 p.m.; and Friday, **April 24**, 8 a.m. – 12 p.m., at the Rock Island Arsenal Fire Department. All active duty military, military reserve and National Guard, military retirees, and dependents with valid identification cards are eligible to use this service. There is a charge for all services provided with payment in cash or check only. Please see <u>our website</u> for prices. Questions? Please call at (847) 688-5740 ext. 4.



Honor Flight Golf Outing

Join us for the Inaugural R.I.A. Federal Credit Union Honor Flight Golf Outing, Friday, **April 24**. Check-in begins 11 a.m. - 12 p.m. with a shotgun start at 12:30 p.m. Cost is \$300/team or \$75/person. There's a 36 team limit. Lunch will be provided at check-in. A 19th Hole Party at the Clubhouse is also included. Proceeds will benefit Honor Flight of the Quad Cities. Send registration and/or sponsorship payment(s) to: Jake Ward, R.I.A. FCU, PO Box 4750, Rock Island, IL 61204. POC for the event is Jake at 563-355-3800 ext. 7004 or jward@riafcu.com.

Baylor Complex Conference Rooms to Go to Turn Key Operations

Due to loss of contractor support, the Baylor Complex Conference Rooms will operate as a "turn key" service effective **April 1**. RIA personnel wishing to use the space will be responsible for scheduling, checking out room keys, unlocking/locking, providing their own desktop/laptop, and safe operation of existing equipment. Training will be conducted on how to operate the Baylor equipment. The Garrison will conduct hands-on training in the Baylor conference room on these dates and times: • Monday, **March 23**, 9 a.m.; • Monday, **March 23**, 1 p.m.; • Wednesday, **March 25**, 9 a.m.; • Thursday, **April 2**, 9 a.m.; • Friday, **April 3**, 9 a.m.; • Friday, **April 3**, 1 p.m. Training should not exceed one hour. Included in the training will be general information for turning on/off the systems, connecting a laptop, and operating the microphones/adjusting the volume. Individual needs can be addressed on a case-by-case basis (e.g. VTC connection). Register for training in TEDs by searching the keyword "Turn Key." A full SOP on how to operate the equipment will be distributed at the training.

RIA AUSA Annual Golf Outing - Save the Date

Save the Date! RIA AUSA will hold its annual golf outing and fundraiser on Friday, **July 17**. Sponsorship and entry forms will be forthcoming soon. Visit www.ria-ausa.org to keep posted about chapter activities. (Flyer)

Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — Chocolate Manor: All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. Roosters Sports Bar and Grill: All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3rd St., Rock Island, new specials daily. Peachwave Frozen Yogurt: Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. This information is included for general workforce interest and does not constitute endorsement of the businesses or products.



Fort Armstrong Avenue Construction

Rock Island Arsenal will be performing road work on the intersection of Fort Armstrong Avenue and Rock Island Drive. This work will result in a full vehicle closure of the Arsenal's Rock Island Gate and Rock Island Viaduct, as well as restricting vehicles crossing the Government Bridge to "Installation-only" traffic. Signs and barricades will be posted to warn and direct traffic. The American Discovery Trail will remain open. Weather permitting, work is scheduled to begin **April 13**. At that time the Rock Island Gate will be closed and the Davenport Gate will be opened 24/7 for ingress and egress to Rock Island Arsenal. This will continue until construction work is completed, currently anticipated to be in **late May or early June**. Upon project completion, the Rock Island gate will reopen for normal operations.

Construction to Affect Traffic at Moline Gate

Effective March 13, through Friday, March 27, the Directorate of Public Works will be replacing the main guard booth at the Moline Gate. During this project the traffic pattern at the gate will be modified. During high volume hours (5-8:30 a.m.), the main inbound lane will be shut down with the two additional lanes open for traffic. A DA security guard will be positioned ahead of the intersection of Cemetery Drive and Rodman Avenue to direct traffic to one of two lanes. Vehicles in the middle lane will enter the Arsenal and proceed directly to Rodman Avenue. Vehicles in the far right lane will enter the Arsenal and proceed directly to Blunt Road onto King Drive. During low volume hours the far right lane will be closed with the exception of emergencies. During this time vehicles will be allowed to enter the Arsenal either via Rodman Avenue or Blunt Road onto King Drive. Commercial vehicle traffic will be routed as normal through the turnaround at the vehicle inspection area. Depending on the size of the commercial vehicle, inbound traffic may be temporarily stopped to allow access.

Parking Closure Near Bldg. 64

Effective **March 1** through Wednesday, **July 1**, the Directorate of Public Works will begin replacing the roof on Bldg. 64. Parking along the east side of the street (2nd Street) will be closed **March 1 through May 8**. Parking along the west side of the street (3rd street) will be closed **April 17 through July 1**. During these closures fencing, barricades, and signage will be positioned, as required. Timeframes may be extended depending on weather related issues.

Reserved Parking for March 26 Retirement/Retreat Ceremony

Sixty-four spaces in Lot 3B along North and Gillespie North of Bldg. 360 will be reserved to support the RIA Retirement and Retreat Ceremony on **March 26**. If you have any questions or concerns, please feel free to contact your labor relations specialist or ombudsmen.

Rock Island Viaduct Sidewalk Closed to Pedestrians

"Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents. Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.



There are no announcements at this time.



Army Health Leaders Advocate For Importance of Nutrition

During National Nutrition Month in March, "we encourage each of you to renew a commitment to achieving your personal Performance Triad goals," said Army Surgeon General Lt. Gen. Patricia Horoho. This year's theme is "Bite into a Healthy Lifestyle," she said. The Performance Triad focuses on the importance of sleep, activity and nutrition as a way to boost Soldier and Family performance and resilience, said Maj. Bethany A. Belanger, PhD and registered dietitian. She serves as the nutrition lead for the System for Health and Performance Triad at the Army Office of the Surgeon General. The reason nutrition is part of Performance Triad is that there is a proven interaction among sleep, activity and nutrition, meaning a healthy or unhealthy choice in one impacts the others, she said. (More)

Army Community Service/USO, Military Spouse Fun Night

Attention active duty military spouses. Its March madness and basketball season is upon us. Join us Tuesday, **March 31**, at 6 p.m., in the USO spaces, SE corner of Bldg. 110, for a fun evening weaving baskets and playing basketball. If time permits, bring something to eat. Please RSVP for this event so we can plan for supplies. To RSVP call 309-782-4736 or 309-782-0829. (Flyer)

Putnam Museum is a Blue Star Member Institution

The Putnam is now one of more than 2,000 museums across America to offer free admission to military personnel and their families this summer in collaboration with the National Endowment for the Arts, Blue Star Families, and the Department of Defense. Any active duty military personnel including National Guard and Reserve, and up to five family members, receive free admission to the Museum and Science Center **Memorial Day through Labor Day**. "We are honored and excited to be able to bring this program



to our Quad Cities Military families," said President and CEO Kim Findlay. "Through our participation in the Blue Star Museums program, we are able to show our continued support for all our active military and thank them for their hard work and sacrifices." Leadership support has been provided by MetLife Foundation through Blue Star Families. The program provides families an opportunity to enjoy the nation's cultural heritage and learn more about their new communities after a military move. The complete list of participating museums is available at arts.gov/national/blue-star-museums.

Military Singles & Geo-Bachelors Dinner

Come all ranks and all branches to the Military Singles & Geo-bachelors Dinner on **April 1**, 5-7 p.m., in the USO spaces in Bldg. 110. The menu for the evening is slated to include: fried chicken, mashed potatoes, corn, rolls, and dessert. For more information and to RSVP please contact Jackie Inman at 309-782-3896 or via email at jinman@usoofillinois.org.

Inaugural Island-wide Baby Shower

Mark your calendars and save the date for the Inaugural Island-wide Baby Shower hosted by the Iowa State Chapter, Mississippi Valley Division March of Dimes. The event will take place **May 19**, 10 a.m. – Noon, at the Arsenal Island Golf Course Clubhouse. This baby shower is for all expecting Active Duty, National Guard, and Reserve with military ID card holder spouses. To RSVP for the event, contact Deena at 563-323-6378. Space is Limited.



YMCA Camp Abe Lincoln Military Kids Camp

Military Kids Camp is a specialty camp for children with parents in the service. It is a great opportunity to build a community for military children ages 8-16 from **June 28 - July 3**. We have funding this year and are pleased to offer this camp again, free of charge. Space is limited, so we are currently accepting applications here.

Military 4-H Scrapbooking SPIN Club

Explore, Engage, Innovate... the world of scrapbooking. Take photos you have and create a scrapbook that will last a lifetime. Each month youth will learn a new scrapbooking technique and create a page. Snacks will be at each meeting. Eligibility includes military youth, ages 12-18. This program will meet every 3rd Wednesday of the month, **Feb. 18 to Dec. 16**, 5:30-7 p.m., in the Cassion Room, in Bldg. 60. Cost includes a supply fee of \$20; non-4-H members add a \$20 program fee (fee waivers available upon request). Register online today! Or for more information call the University of Illinois Extension, Rock Island County 4-H Office at 309-756-9978. University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate call 309-756-9978 at least two weeks in advance.



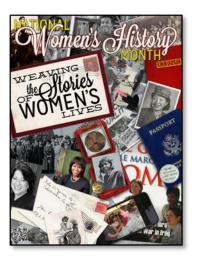
Arrive Alive

I know we all take safety very seriously. However, we have had a substantial rise in fatal sedan accidents over the last 90 days. We, as senior leaders, must be more engaged, communicating at all leader levels how imperative safe driving is to preserve our force, across all components. To date this fiscal year, 68 percent of all private motor vehicle fatalities reported Army-wide involved Soldiers in the rank of E1 through E4 and 63 percent were between the ages of 18 and 24. The majority of all fatal PMV-4 accidents were single vehicle accidents, often caused by excessive speed, distracted or inattentive driving. Most occurred over the weekend period Friday through Sunday, with the majority of the accidents occurring between the hours of 0500 and 1700 and not during periods of limited visibility. As Leaders, we must consistently engage our Soldiers and remind them of the hazards inherent to driving, particularly in inclement weather. Emphasize the risks of inattentive driving and encourage safe arrivals without multi-tasking while en route. As our engaged Leaders mitigate driving risks for our Soldiers brought about by cold weather road hazards, we must also prepare for the arrival of spring, warmer weather, and all the high risk activities this season reintroduces. Let's get all our Leaders engaged and proactive in restoring "Arrive Alive" as our recurrent travel outcome. We're counting on every Soldier to strengthen our great team. Army Safe is Army Strong! - Gen. Daniel Allyn, Army Vice Chief of Staff

Equal Employment Opportunity Focus

Women's History Month: Weaving the Stories of Women's Lives

The Army dedicates each March to highlighting individual and collective stories of female Soldiers. Their stories are inextricably woven into the essential fabric of the nation's history and the history of the U.S. Army. This year, the Army acknowledges the accomplishments and contributions of pioneering women from the past and recognizes their impact on the force of today. The theme for this year's observance is: Weaving the Stories of Women's Lives. In just over two years, the Army has opened to women six previously closed military occupational specialties and over 55,000 positions across all Army components. For the first time in history, the Army recently allowed the female Soldiers to attend the Army's Ranger Course to possibly earn the Ranger tab. This is one of the many steps the Army is taking to integrate women into combat roles. Army leadership encourages the entire Army Family to publicly honor women's contributions by highlighting women and their military and civil service, at all levels, by telling their story in command information products. (More)





Morale, Welfare & Recreation (MWR)

Visit the MWR website at www.riamwr.com for information on all MWR programs.

Arsenal Island Golf Course is Open

Spring is here! The Arsenal Island Golf Course is now open for the 2015 season so drag those clubs out of the attic and start loosening up & shaking off the winter blues, golf season is here. Call 309-793-1604 for more info and to make your tee times. We'll be rolling out online tee times this season as well so keep an eye out for that in the coming weeks.



Ghost Hunters Dinner & Tour of Quarters One

Enjoy a prime rib & chicken buffet at the Arsenal Island Golf Clubhouse and then join the Rock Island Paranormal Society for a tour of Historic Quarters One Saturday, **March 28**, beginning at 6 p.m. The Paranormal Society staff have spent countless hours in this massive Italianate style mansion and will regale you with tales of the paranormal activity they have experienced there throughout the years. The cost is \$35/person and reservations can be made by calling 309-782-4372. RSVP required by **March 26**. Event subject to change/cancellation based on number of reservations. (Flyer)

Paintless Dent Repair Service

Back by popular demand, the paintless dent repair technician will be available for repairs Thursday, **March 26**, 9 a.m. - 7:30 p.m., in the Auto Skills Shop. If you have small dings, dents and other imperfections in your vehicle it may be possible to have them fixed without the excessive costs of more traditional body work. Call 309-782-8631 for more information and to schedule an appointment. (Flyer)

Lock & Dam Lounge (bar formerly known as the Arsenal Club in Bldg. 60), Island Wide Social

Join your Island colleagues Friday, **April 3**, at 4 p.m., at the Lock & Dam Lounge for a fun evening of appetizers, drinks, networking, and socializing and karaoke. This event is open to the entire RIA workforce. Call 309-782-4372 for more info. (Flyer)

Easter Eggstravaganza

Plenty of fun will be had Saturday, **April 4**, at 10 a.m., at Memorial Park, so make sure you and your children don't miss out. There will be all kinds of activities like golden Easter egg hunts, free photos with the Easter Bunny, egg decorating, a cake walk, bounce houses and many other games and activities. The health clinic will also conduct a teddy bear clinic so bring your stuffed friends and dolls to have them checked out and fixed up. See the flyer for specific times for the egg hunts and call 309-782-2828 for more info. (Flyer)



Easter Brunch Buffet

Bring the whole family Sunday, **April 5**, 10:30 a.m. - 2 p.m., and enjoy a delicious Easter Brunch at the historic and beautiful Arsenal Island Clubhouse. Cost is \$21.95/adult and \$9.95/child (12 & under). Call 309-782-4372 for more info and to make your reservations. (Flyer)

Daily Lunch Service Resumes at the Arsenal Island Clubhouse

Regular lunch service at the Arsenal Island Clubhouse comes out of hibernation on Tuesday, **April** 7, 11 a.m. - 1:30 p.m., with an exciting new format and different menu items sure to tempt your taste buds. Our new soup, salad and sandwich buffet featuring fresh baked breads is a quick option that will allow you to have a quick, sit-down lunch that you custom build for just \$9/person. We will also offer a grab-and-go option featuring the same menu that is offered at the Island Oasis in the Fitness Center with the addition of daily specials. This is perfect for short lunch breaks where you need to get the food fast but you'll also have the option of dining in the bar area. Call 309-782-6319 for more info. (Flyer) (Menu)

Group Fitness Class Survey

We want to hear from you. How can we structure our group fitness classes differently to make them more appealing and accessible to you? If you haven't had a chance yet, please consider taking 1-2 minutes (that's all, we promise) to take this quick survey to tell us how we can serve you better. The survey can be found here: www.surveymonkey.com/r/RIA_CLASSES

New Beginnings Fitness Class at the Fitness Center Resumes

Our instructor has returned and we're happy to once again be able to offer New Beginnings as part of our group fitness class schedule. This fitness program provides students with great physical and mental benefits. Offered in the middle of the day allows an opportunity to take that much needed

break away from work. This class is designed for those new to exercise and is presented in a non-competitive environment. The instructor will take things slow, with the workouts beginning with a short walk/cardio segment, followed by simple strength exercises, and wrapping up with relaxing stretching movements. Exercise variations will be offered so both beginners, as well as slightly more advanced students, will reap great benefits and be challenged at their own fitness levels. Let today be the day you take that first step. Class is held Tuesdays and Thursdays 12-12:45 p.m. More info on all classes can be found here.

Entire Month of April, Oil Change Special at the Auto Skills Shop

April is Spring Car Care Month, a good time to kick the tires and check the fluids after a long cold winter and in anticipation of summer driving conditions. All month long you can get a full service standard oil change (includes up to five quarts of oil, oil filter and 25 point inspection) for just \$21, or a full service Mobil 1TM synthetic oil change for \$51 (includes up to six quarts of Mobil 1TM oil, oil filter and 25 point inspection). Call 309-782-8631 to schedule an appointment or for more info. (Flyer)

Beer Pairing Dinner

Do you like craft beer? What about fine cuisine? What about craft beer perfectly paired with fine cuisine? Then get all your foodie & beer connoisseur friends together and get signed up for our next beer pairing dinner **April 17**, 6-10 p.m., at the Arsenal Island Clubhouse. This fun evening will feature brews from local brew masters, Great River Brewery alongside gastronomic delights from our talented chef and kitchen crew designed to complement and enhance each other. Cost is \$45/person and includes six courses and a keepsake Great River glass that's yours to keep. There will be a cocktail hour from 6-7 p.m. and dinner will start at 7 p.m. Please RSVP on or before **April 15** by calling 309-782-4372. (Menu) (Flyer)

Garden Plot Program Cancelled This Season

The annual Garden Plot Program will not be offered this year. The current site is located where construction of housing will begin this spring. We hope to have another site prepared and ready for the 2016 planting season. If you have additional questions please call Bob Lampert at 309-782-8630.

Date Night Dance Classes

Come join local dance group, QC SoDa (QC Social Dancing), every Thursday, at 7 p.m., in Heritage Hall (Bldg. 60), for a fun evening of dance lessons in various styles including Swing, Salsa and more. Classes are \$8/person/class or \$35/individual or \$60/couple for the full six week session. Sign up and pay the first night you attend class. (Flyer)



Office Hours

Monday through Friday, 9 a.m. -3 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. (email) (website)

MWR Storage Units

Outdoor Recreation have several storage spaces available for rental. For more information please contact Outdoor Recreation at 309-782-8630.

Books Are Fun

Books Are Fun will once again be visiting the Rock Island Arsenal for two days. They will be in Bldg. 60 Heritage Hall dining area **April 16-17**. They will have discounted books and other merchandise.

Time: 9 a.m. - 1 p.m.

Church Basement Ladies (The Last Potluck Supper)

All new show – the latest and final installment in the uproarious series, the lovely ladies of the church kitchen serve up a rib-tickling panorama of the Church's changes, without spilling a drop of their egg coffee. Leisure Travel has discounted tickets on sale until **April 11**. This is a show that always sells out.

Date: Saturday, April 25

Time: 5:45 p.m.

MWR Spring Fair

MWR has invited 40 vendors to participate at this two-day vendor fair. All sorts of products will be offered from Enchiladas to Scentsy. This event will be held in Heritage Hall dining area, Bldg 60. (Flyer)

Date: Wednesday, April 29

Time: 9 a.m. - 1 p.m.

Pretty In Pink Doll Party

This is our first Pretty In Pink Doll Party. The party will take place at Historical Quarters One. Finger food and dessert buffet, free photo with your favorite doll, movie with free popcorn and other activities. Cost is \$25 per person. Limited seating. For more details contact the Leisure Travel Office. (Flyer)

Date: Saturday, May 2

Time: 1-3 p.m.

Chuggington Live! The Great Rescue Adventure at the Adler Theatre

The Great Rescue Adventure the trainees are on their first day of advanced training, and are eager to impress their mentors by mastering new roles that test their courage, speed, and determination. Limited discount seats available for \$33.50. Section B, Row G, Seats 1-10.

Date: Tuesday, May 12

Time: **6:30 p.m.**

NASCAR Xfinity Series Bus Trip

Bus will depart from the Auto Skills Center, Bldg. 351 at 8 a.m. with no stops en route. Please arrive 30 minutes prior to departure, refreshments provided prior to departure. Limited alcohol allowed on the bus. Pre-register by **April 1** and receive 50 percent off a Fan Pass for access behind pit row for \$5. Cost of bus trip is \$69. Event registration ends **April 20**. Seats are filling up fast. (Flyer)

Date: Sunday, May 17

Time: 8 a.m.

Cubs vs. Cardinals Bus Trip

MWR Leisure Travel has a Cubs vs. Cardinals bus trip scheduled. Cost will be \$99 per person to include transportation and ticket to game. Seats are located in Upper Deck Box Outfield. Departing from RIA at 6 a.m. from the COL Davenport Pavilion. Limited alcohol permitted on chartered bus Coolers must fit under the seats and not block the aisle. No glass bottles. No smoking permitted on motor coach. Estimated return time will be 8 p.m. (Flyer)

Date: Saturday, Sept. 19

Time: 12:05 p.m.

Davenport Cinemark 53rd 18 + IMAX Theatre

Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53^{rd} 18 + IMAX theatre (formally 53^{rd} cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.



Youth Summertime Activities Expo

Attention all parents! Do you need to find activities to keep you and your child busy this summer? Do you need ideas for summer fun? Need information about volunteer opportunities for your child or teen? In honor of Child Abuse Prevention Month and Month of the Military Child, the Rock Island Arsenal Family Advocacy Program and Child, Youth and School Services will be hosting the Second Annual Youth Summertime Activities Expo on Saturday, **April 11**, 10 a.m. – 2 p.m. in the Fitness Center. The purpose of the Youth Summertime Activities Expo is to provide information to QC residents on the opportunities available to families of children 0-18 years of age during the summer months. The Expo will host agencies in four major categories, summer fun and activities (free and fee-for-service), day and resident camps, volunteer opportunities and education. Vendors will have games/activities for the children. A pinwheel garden (sponsored by the Child Abuse Council) will be displayed and a dedication signing ceremony will be held at 9:30 a.m. that day in front of the RIA Fitness Center. This event will be free and open to the public. Email or call 309-782-3049 for more information. Hope to see everyone there. (Flyer)

2015 Military Child of the Year Award - Recognizing Young Patriots

Operation Homefront is pleased to present the Military Child of the Year Award to outstanding military children who demonstrate resiliency, leadership and achievement. Recipients representing each service branch are recognized at a Washington, DC Gala celebration in April each year. The seventh annual award will be presented **April 16** at the Ritz-Carlton, Pentagon City, near Washington, DC. In addition to the trip to our nation's capital, recipients are awarded a laptop computer and a \$10,000 award. To learn more about Operation Homefront and the Military Child of the Year Award, please go to: www.militarychildoftheyear.org



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ACS is located in Bldg. 110, 1st floor SE; <u>Visit our ACS website</u> or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. <u>Find us on Facebook click</u> here. 24/7 Sexual Assault Hotline: 309-229-8412.

Scream Free Marriage Course

This class provides participants with new skills and techniques to assist them in effective communication with their partner. Four sessions are offered for this course 11 a.m. - 12 p.m., in the Army Community Service spaces, in Bldg. 110. Session 3 (March 24): Getting closer through intimacy & love. Session 4 (March 31): Getting closer through intimacy and love. RSVP with Army Community Service at 309-782-0829. (Flyer)

Stress Management Workshop

This free workshop, Wednesday, **March 25**, 11 a.m. - 12 p.m., at Army Community Service in Bldg. 110, will teach techniques that focus on breathing and mindfulness that will help alleviate stress in your daily life. Call 309-782-0829 for more info and to sign-up. (Flyer)

Special Needs Forum

Is your child diagnosed with ADHD, OCD, ODD, ASD, SPD or other special needs? Are they struggling in school? Join us for a presentation to learn how to help build your child's self-esteem and be more successful at school. The Exceptional Family Member Program invites all families with special needs children to our next special needs forum on **March 26** at 5:30 p.m. at Bldg. 150. A snack dinner will be provided and free onsite childcare is available for children enrolled in CYSS. For more information call 309-782-6515, 309-782-4736, or email. (Flyer)

Army Community Service/USO Military Spouse Fun Night

Attention Active Duty Military Spouses... its March madness and basketball season is upon us. Join us Tuesday, **March 31**, at 6 p.m., for a fun evening weaving baskets and playing basketball. If time permits, bring something to eat. Please RSVP for this event so we can plan for supplies. To RSVP call 309-782-4736 or 309-782-0829. (Flyer)



ASAP/EAP is located in Bldg. 56, 1st floor; visit our <u>ASAP/EAP website</u> or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. Find us on Facebook click here.

RIA ASAP/EAP on a Mission

The ASAP/EAP is dedicated to excellence in providing a standard of care that enhances the quality of life for its clients and the workforce of Rock Island Arsenal. We believe that personal, family, and workplace problems can affect an employee's well-being and job performance. The ASAP/EAP promotes healthy lifestyles. Our most important asset is our employees and we are committed to providing professional counseling, educational assistance, and intervention services in an effort to promote wellness and improve the climate of the Rock Island Arsenal.



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. Please visit our website to learn more.

Employment-Education Event at Rock Island Arsenal

Mark your calendars now! The Directorate of Human Resources, U.S. Army Garrison, will be hosting the semi-annual Employment-Education Event on Wednesday, April 15, 9:30 a.m. – 1:30 p.m., in the Heritage Hall, Bldg. 60. Soldiers, veterans, and family members are the target audience for this great event. More than 60 employers from throughout the Midwest as well as more than 20 academic institutions and many veterans service organizations that attended our 2014 events. Valid job offers were made and accepted! We expect at least the same level of participation and success for this event. Employers may have jobs available in locations nation-wide as well as in the Ouad Cities area and throughout the Midwest. This event represents a great opportunity for employers to review resumes, interview candidates, and potentially hire separating active duty, Reserve, and National Guard Soldiers, veterans, and family members. Please come ready; have resumes to hand out and be appropriately dressed for a possible interview. Academic institutions will have experts on hand to provide information on programs of study as well as on the GI Bill and scholarship opportunities, for both local and online classes. They will provide information regarding educational opportunities for Soldiers, veterans, and family members. Veterans service organizations will be available to assist with resources, benefit information, and resume development. Army Community Services, holds scheduled resume writing classes on a routine basis for active duty and retired Soldiers and eligible family members. Individual resume and interview training is also available by request. For further information, please contact Christopher Gegenheimer, at 309-782-0815. Any questions about the event can be directed to Sharon Lampert, 309-782-7780 or Lafayette Ausborn, 309-782-4799, or email usarmy.ria.usag.mbx.hrmtsm@mail.mil. Don't let this great opportunity pass you by!

2015 WID Scholarship

The Iowa/Illinois Chapter, Women In Defense, a national security organization, has established an annual scholarship to provide opportunities of higher education for students who are interested in achieving a place of leadership in their chosen fields. Applicants will be limited to those individuals meeting one or more of the following criteria and who have never received a scholarship from Women In Defense: A current member of the Iowa/Illinois chapter of the National Defense Industrial Association or WID and their dependents; corporate charter members and their

dependents; current government employees on Rock Island Arsenal or Iowa Army Ammunition Plant and their dependents. Note: Dependents are defined as children, step-children, children of legal guardian, or spouse. Scholarship applications can be found at www.widiic.org. All applications must be postmarked no later than Friday, May 1. For additional information, the point of contact is Sonja Johnson Wills, Scholarship Chair, 571-264-6346.

NDIA Scholarship

The Iowa Illinois Chapter NDIA is accepting applications for its one-year \$2,000 scholarship. This scholarship is available to high school senior students of the NDIA chapter members and civilian and military employees on Arsenal Island. Scholarship applications can be found at www.ndia-ia-il.org. Applications must be postmarked no later than **March 24**. Call John Masengarb, 563-650-3252, for additional information.

NDIA Lifetime Achievement Awards

Nominations are being accepted for the Lt. Gen. (Ret) Lawrence Skibbie award for Lifetime Contributions to National Defense, the Maj. Gen. (Ret) William Eicher award for Lifetime Contributions to the Weapons Industrial Base and the Maj. Gen. (Ret) Paul Greenberg award for Lifetime Contributions to the Ammunition Industrial Base. Applications must be postmarked no later than **April 12**. Send nominations to Jimmy Morgan, 289 Niabi Zoo Road, Coal Valley, IL 61240 or imcmorgan@aol.com. Application details at www.ndia-ia-il.org.

Sgt. Paul Fisher Scholarship

The Iowa Illinois Chapter NDIA is accepting applications for its one-year \$2,000 Sgt. Paul Fisher Scholarship. This scholarship is available high school seniors of active military, reserve, National Guard, or veteran in zip codes 61200-61699 in Illinois and 50000-52899 in Iowa. Scholarship applications can be found at www.ndia-ia-il.org. Applications must be postmarked no later than March 24. Call John Masengarb, 563-650-3252, for additional information.

Army Emergency Relief Announces Opening of Scholarship Application Period

Army Emergency Relief has announced the opening of its scholarship application period. Applications will be accepted from **Jan. 2** until **May 1**. AER supports both the Spouse Scholarship Program, as well as the Maj. Gen. James Ursano Scholarship Program for dependent children. Scholarship specifics and the applications are available on <u>AER's website</u>. The Spouse Scholarship can be used for full or part-time students, while the Ursano Scholarship is only for full-time students. Last year AER awarded 3,637 scholarships, totaling more than \$8.8 million to Spouses and Children of Soldiers. "The entire scholarship process is on line," said Tammy LaCroix, manager for AER's scholarship programs. "Last year we found that the on line process worked best for those who downloaded the step-by-step instructions and used them as a checklist." "Applicants are able to create their own profile, submit their documentation online, and check their status," added LaCroix. "This proved to be a huge time saver for both the applicants and the scholarship staff." (More)

RIA AUSA Scholarship Program 2015-2016

The Rock Island Arsenal Association of the United States Army announces the annual scholarship program for 2015-2016 school year. Applications are available on the RIA AUSA web site at www.ria-ausa.org. Eligible applicants must reside in the RIA AUSA geographical footprint covering eastern Iowa and western Illinois identified in the application, and be associated with the military as a current military member, veteran, family member or DoD civilian. Applicants can

download the application and return it completed no later than **May 1** to the mailing address listed in the application form. Questions can be directed to the RIA AUSA chapter representative Tim Considine, at considinet@aol.com or by calling 512-565-4089.

Area Schools to Visit RIA

The <u>Army Continuing Education Systems Rock Island Arsenal</u> is coordinating with Quad-City area schools to have them visit with eligible Ed Center patrons where they will meet with school representatives and learn about educational opportunities in the Quad Cities. These visits will take place in Bldg. 56, Room 121, 10 a.m. – 2 p.m. The schedule for this fiscal year is: • Ashford University, **April 21**, and **July 23**; • Black Hawk College, **April 9** and **July 9**; • Eastern Iowa Community College, **April 2**, **May 7**, **June 4**, **July 2**, **Aug. 6** and **Sept. 3**; • Kaplan University, **May 14**, and **Aug. 13**; • Saint Ambrose University, **April 16**, and **July 16**; • Trinity College of Nursing & Health Sciences, **May 21** and **Aug. 20**; • Upper Iowa University, **May 13**, and **Aug. 12**.



The <u>Rock Island Commissary</u> and the <u>Exchange</u> are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information <u>HERE</u>. For information on this and other Commissaries, visit: <u>www.commissaries.com</u> (<u>Facebook</u>)

Easter Sunday is April 5

It's worth the trip to visit your commissary for special Easter savings! Commissaries will be having sales on Easter chocolates and candy, egg decorating kits and everything you'll need to prepare the perfect family dinner, including hams in your commissary's meat department.

Exchange Opens Earlier, Serves Breakfast

The Exchange located on Rock Island Arsenal began opening at 7 a.m. Oct. 1. Also effective Oct. 1, the Exchange began featuring heat-and-eat breakfast items at the front of the store. "We will be running these hours for two months to make sure that there will be demand to be open at 7 a.m.," said Carl Wolfe, store manager, Rock Island Exchange. "We are really hoping with the Exchange having an entire new 'Heat and Eat,' that we will cater to the Soldiers coming on the Island in the morning and we know a lot of them have PT in the mornings and this will give them a chance to grab something before they go in the office for the day." The new open-to-close store hours are 7 a.m. – 6:30 p.m., Monday through Friday; and 8:30 a.m. – 6:30 p.m. on Saturdays. The "Heat and Eat" items being sold in the mornings will include: Breakfast Tornados, Breakfast Deli Express sandwiches, Cappuccino, and coffee, Roller Bites, and Breakfast Style Pizza. The Exchange will also have a lunch menu to include: Tornado's, Deli Express hot and cold sandwiches, hot dogs, Polish sausage, jalapeno sausage, Roller Bites, egg rolls, and pizza. In addition, the Exchange will also have microwaveable meals, soup, and Asian noodles for sale all day long.



Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. (website)

RIA Historical Society Monthly Meeting

The Rock Island Arsenal Historical Society will have its monthly meeting at 6 p.m. on Thursday, **April 2**, in the Veranda Room of the Arsenal Island Golf Clubhouse. The menu for dinner is tossed salad with roasted vegetables and herb vinaigrette, grilled ham steaks with maple glaze, mashed potatoes and medley of vegetables, peach upside down cake with lemon custard. All dinners include rolls, breadsticks, coffee, tea and water. The total cost is \$14 per person including tax and tip. Our event is open to both members and non-members. Interested parties may choose to attend only the program portion of the meeting at 7 p.m. at no cost. The guest speaker will be Lawrence Bay, long time history buff, who will concentrate on the assassination of Abraham Lincoln and the hunt for John Wilkes Booth. For reservations call Monica 563-650-4349 or Linda 563-355-6165 or email chiicaliinda@aol.com. Reservations are due by Noon on Monday, **March 30**. Cancellations must be made by the reservation deadline or you will be liable for cost incurred and billed accordingly. If further clarification is required on this notice, please call Kris Leinicke at 309-782-3518. Visit the RIA Historical Society's Website at www.arsenalhistoricalsociety.org.

This Week in Rock Island Arsenal History - March 23-29

Work on the dam of Locks and Dam 15 began in March 1932. On March 26, 1898, the RIA received orders to produce 25,000 complete outfits of infantry equipment.



If Either of Your Parents Smoked, Go and Get Your Heart Checked Out

A study published in the American Heart Association journal Circulati suggests smoking in front of children may increase their chances of developing dangerous carotid plaque later in adulthood. For the study, researchers used data gathered on Finnish children between 1980 and 1983, and were able to identify which children grew up in smoking households by noting the amount of cotinine that had been found in their blood samples. (Exposure to smoke increases the presence of cotinine in the blood.) They then correlated this with examinations of the carotid artery conducted on those same — but now fully grown — individuals between 2001 and 2007. They concluded from this that participants who had one or two parental smokers had an almost two times (1.7 times) greater risk of developing carotid plaque in adulthood compared with participants whose parents did not smoke, regardless of other factors. (More)

TRICARE Tip of the Week

Did you know that Online Beneficiary Education is available? Health Net Federal Services, LLC (Health Net) offers online education to allow you to attend live TRICARE briefings and view previously recorded sessions from the comfort of your home or office. View, live webinar briefings on your computer and listen to the audio by calling in through a toll-free number. You must have Internet access to attend a webinar. Adobe Flash Player 10.1 or above is required. For more information about this service, go to www.hnfs.com. Online Beneficiary Education. Have a Great TRICARE Day!



VA Works to Expand Choice Program Eligibility

In order to expand eligibility for the Veterans Choice Program, the Department of Veterans Affairs (VA) today announced that it will change the calculation used to determine the distance between a Veteran's residence and the nearest VA medical facility from a straight line distance to driving distance. The policy change will be made through regulatory action in the coming weeks. The Veterans Choice Program was authorized by the Veterans Access, Choice, and Accountability Act of 2014 (VACAA). (More)

Groundbreaking Device Being Tested By VA May Put End to Pressure Ulcers

Pressure ulcers (commonly known as bed sores) are one of the most troublesome and painful complications for patients during a long hospital stay, but a joint project between the Department of Veterans Affairs (VA) Center for Innovation and General Electric (GE) Global Research may one day make pressure ulcers a thing of the past. A multi-disciplinary team of scientists have combined an array of sensing and analytical tools, including motion analysis, thermal profiling, image classification/segmentation, 3-D object reconstruction and vapor detection into a single medical sensing handheld probe to assess and monitor the progression of bed sores or pressure ulcers. (More)

Applications Accepted for 2015 National Veterans Golden Age Games

The Department of Veterans Affairs (VA) is currently accepting applications from Veterans interested in competing in the 2015 National Veterans Golden Age Games. Applications can be completed online at www.veteransgoldenagegames.va.gov, and will be accepted through May 15. Veterans ages 55 and older who are enrolled for VA care are eligible to participate. The 2015 National Veterans Golden Age Games takes place in Omaha, Nebraska, Aug. 8-12. (More)



March 26: Poetry Event Spoken Word (Comedy Sportz Quad Cities, Rock Island)

March 26-29: QCCA Flower and Garden Show (QCCA Expo Center, Rock Island)

March 27-29: Advance Renewal Weekend for 21-32 Year-Olds (St. Ambrose Parish Center, Milan, III.)

March 28: Havana Daydreamn' 11th Annual Havana Daydreamn' by the Quad City Parrot Head Club

(Waterfront Convention Center, Bettendorf)

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March 28: RIA AUSA Bowling Fundraiser (Miller Time Bowling, Davenport)
March 31: Fundraiser for Bridging the Gap QCA (Viking Club, 1450 41st Street, Moline)
April 11: 2nd Annual Youth Summertime Activities Expo (Rock Island Arsenal Fitness Center)
April 11: Bandits Race to Home 5K (Modern Woodmen Park)
April 11: Marine Corps League Trivia Night (American Legion Post #26, 702 West 35th Street, Davenport)
April 11: 18th Annual Public Swap Meet (QCCA)
April 11: Kids Club: Powered by Nat Geo Kids (SouthPark Mall, Moline)
April 11: Father-Daughter Dance (Golden Leaf Banquet Center, Davenport)
April 18: Quad Cities on Tap Craft Beer Festival (QCCA)
April 18: Passport to Safety (SouthPark Mall, Moline)
April 25: March of Dimes March for Babies (Rock Island Arsenal, Memorial Park)
April 25: Quad Cities Cruisers Cruise-In (3-6 p.m., Davenport Learning Center, 1002 W Kimber Rd.)
May 2: Festival of the Arts' Village in Bloom (Village of East Davenport)
May 4-10: Navy Week Quad Cities (Quad City Area)
May 9-10: 29th Quad City Air Show, featuring the U.S. Navy Blue Angels (Davenport Municipal Airport)
May 9-10: Beaux Arts Fair (Figge Art Museum Plaza, Downtown Davenport)
May 10-11: Scott County Kennel Club AKC Dog Show (QCCA)
May 16: Quad Cities Cruisers Cruise-In (6-9 p.m., Davenport Learning Center, 1002 W Kimber Rd.)
May 16: 2<sup>nd</sup> Annual Live Fit With Lupus Run (Black Watch Room, Pebble Creek Golf Course, LeClaire, Iowa
May 22-31: Historic Homes & Gardens of the Scottish Highlands (QC Botanical Center, Rock Island)
May 25: 50th Annual Quad Cities Criterium (Village of East Davenport)
June 1-6: 25th Annual Quad Cities Senior Olympics (1800 3rd Ave, Rock Island)
June 3, 4: U.S. Army & NDIA Small Business/APBI Symposium (iWireless Center)
June 5-6: Rhubarb Festival (Aledo, III.)
June 6: QC Pridefest (Downtown Davenport)
June 12-13: Gumbo Ya Ya (The District, Rock Island)
June 13: Quad Cities Cruisers Cruise-In Carshow (4-9 p.m., Davenport Learning Center, 1002 W Kimber
Rd.)
June 13-21: Quad Cities Museum Week (Greater Quad Cities)
June 17-20: Rally on the River (Centennial Park, Davenport)
June 20: 2<sup>nd</sup> Annual Micro Brew Mile & 6K Road Race (Moline)
June 21: Ride the River Bike Ride (Mississippi River bike paths, Iowa & Illinois)
June 28: Blossoms at Butterworth (Butterworth Center, Deere family homes, Moline)
July 3: Red, White & Boom! (The District, Rock Island & Downtown Davenport)
July 2-4: Mississippi Valley Blues Festival (LeClaire Park, downtown Davenport)
July 4: Firecracker Run & Parade (Run starts at 7:30 a.m. with the parade at 1 p.m., East Moline)
July 4: Bettendorf Old-Fashioned 4th of July (parade at 10 a.m.)
July 6-12: John Deere Classic PGA TOUR (TPC Deere Run golf course, Silvis, III.)
July 9-11: Walcott Truckers Jamboree (Iowa 80 Truckstop, Walcott, Iowa)
July 11: Quad Cities Cruisers Cruise-In (6-9 p.m., Davenport Learning Center, 1002 W Kimber Rd.)
July 15-19: Rock Island County Fair (Fairgrounds, East Moline)
July 17: Rock Island Arsenal Chapter AUSA Annual Golf Outing (Arsenal Island Golf Course)
July 24-25: Downtown Street Fest (2nd Street in downtown Davenport)
July 25: Bix 7 Run/Walk (Downtown Davenport)
July 30-Aug. 2: Bix Beiderbecke Memorial Jazz Festival (RiverCenter/Adler Theatre, Davenport)
Aug. 4-9: Great Mississippi Valley Fair (Mississippi Valley Fairgrounds, Davenport)
Aug. 6: Freedom Run 5k (Moline)
Aug. 7-8: Ya Maka My Weekend (The District, Rock Island)
Aug. 8: Quad Cities Cruisers Cruise-In (6-9 p.m., Davenport Learning Center, 1002 W Kimber Rd.)
Aug. 13-15: Tug Fest (LeClaire, Iowa & Port Byron, III.)
Aug. 15: Floatzilla (Sunset Marina, Rock Island)
Aug. 28-29: River Roots Live (Downtown Davenport)
Aug. 28-30: World Series of Dragracing (Cordova Dragway, Cordova, Ill.)
Sept. 5-6: Rock Island Grand Prix (Downtown Rock Island)
Sept. 5-7: Labor Day Weekend Pow Wow (Black Hawk State Historic Site, Rock Island)
Sept. 12: Quad City Symphony Riverfront Pops (LeClaire Park, downtown Davenport)
Sept. 12: QCA Heritage Tractor Parade & Show (John Deere Pavilion, Moline)
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Sept. 12: Quad Cities Cruisers Cruise-In (6-9 p.m., Davenport Learning Center, 1002 W Kimber Rd.)

Sept. 12-13: Beaux Arts Fair (Downtown Davenport)

Sept. 18-19: Celtic Festival & Highland Games (Centennial Park, Davenport)

Sept. 19: Brew Ha Ha (LeClaire Park, Davenport)

Sept. 19-20: Riverssance Festival of Fine Arts (Village of East Davenport)

Sept. 27: Quad Cities Marathon (downtown Moline)

Sept. 25-27: Hot Air Balloon Festival (Kennedy Square, East Moline)

Oct. 10: Trinity Quad Cities Classic Regatta (Mississippi River in Moline)

Oct. 10: Quad Cities Cruisers Cruise-In (3-6 p.m., Davenport Learning Center, 1002 W Kimber Rd.)

Oct. 11: Apple Fest (Downtown LeClaire, Iowa)

Oct. 29: Fright Night (The District, Rock Island)

Oct. 24: Lagomarcino's Cocoa Beano 5K Race (Village of East Davenport)

Nov. 20-29: Quad City Arts Festival of Trees (RiverCenter, Davenport)

Nov. 21: Festival of Trees Parade (Downtown Davenport)

Nov. 21: Lighting on the John Deere Commons (Downtown Moline)

Dec. 4-6: Heartland Emergency Response Conference Expo (QCCA)



Island Insight

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<u>Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor</u>

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